

Wednesday, January 3, 2024

300 swim – 200 kick – 300 pull

25 dolphin kick / 25 build		
4 x 50	Odds: on back	10" rest
	Evens: on side	

	Gold	Silver	Bronze	Iron
Swim each 100 as 75 smooth / 25 fast	400 @ 5:15	300 @ 4:30	200 @ 3:20	200 20" rest
Pull – steady effort	400 @ 5:15	300 @ 4:30	300 @ 5:00	200 20" rest
Swim each 100 as 75 solid / 25 easy	400 @ 5:15	300 @ 4:30	200 @ 3:20	200 20" rest
Pull – steady effort	400 @ 5:15	300 @ 4:30	300 @ 5:00	200 20" rest
<i>Total yards</i>	<i>2600</i>	<i>2200</i>	<i>2000</i>	<i>1800</i>

50 easy

Choice of stroke	Gold	Silver	Bronze	Iron
Repeat the series ☐	4x	3x	3x	3x
Smooth – focus on form	50 @ :50	50 @ :55	50 @ 1:00	50 @ :45
Fast	4 x 25 @ :30	4 x 25 @ :30	4 x 25 @ :35	4 x 25 @ :45

100 easy

<i>Total yards</i>	<i>3350</i>	<i>2800</i>	<i>2600</i>	<i>2400</i>
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